

BROOKHAVEN NATIONAL LABORATORY

BERA Recreation Swim Program (Swim lessons only)

July 8 to August 23, 2013

Participants: Swim lessons are available for the children or grandchildren of Laboratory employees, retirees, visitors and facility users. The child should be able to stand flat-footed in the shallow end of the pool, with mouth above the water, and be at least 42" tall and between the ages of 5 and 13.

Planned Program: Each child will receive **one group swim lesson on a designated day, once a week for 7 weeks**. There will be no make-up classes for missed swim lessons. Lessons consist of groups of 7-12 children with similar swimming abilities. Parents will be notified the last week of June of their child's designated lesson day.

Day/Time: Monday through Friday – 2:15 pm to 3:15 pm
(children should arrive at 2:00 pm for preparation)

Place: BNL Pool, Bldg 478 (entrance from Bell Ave parking lot)

Cost Per Child: \$80.00 registration fee, payable to BERA

- Locker rooms are for changing only – **showers will be closed**.
- Parent must remain in pool area if child stays after lesson for open swim time.
- We request that the dress of those taking lessons be modest and in good taste. We request that one-piece bathing suits be worn by our female swimmers. If a two piece bathing suit is all you have, please wear a T-shirt or similar cover up.
- Space is limited by facility and pool size. We will try to accommodate everyone.
- Children must be able to change/dress themselves.
- ALL belongings must be labeled.
- Bring a towel (goggles are optional). Label everything.
- You will be notified of your designated day by the last week of June.

RETURN TO:

Recreation Office, Building 400, with \$80 check made payable to BERA.

Payment in full is due on or before June 7, 2013.

If you have questions please contact the Recreation Office at ext. 2873

www.bnl.gov/bera

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Date registered _____

Use the following in determining each child's swimming group level:

Non-Swimmer	Beginner	Advanced Beginner	Intermediate	Swimmer
Not able to swim at all	Not able to swim 40 feet	Able to swim 30 but not 50 yds. Using crawl stroke.	Able to swim 50 but not 100 yds. Using crawl stroke and elementary backstroke.	Able to swim 100 yds. But not able to perform all strokes and swim continuously for 10 minutes.

Weekly schedule of classes:	Class 1	Monday	Non-Swimmer
	Class 2	Monday	Advanced Beginner
	Class 3	Tuesday	Intermediate
	Class 4	Tuesday	Beginner
	Class 5	Wednesday	Non-Swimmer
	Class 6	Wednesday	Intermediate
	Class 7	Thursday	Beginner
	Class 8	Thursday	Advanced Beginner
	Class 9	Friday	Swimmer
	Class 10	Friday	Advanced Swimmer

Each child will be scheduled for one group swim lesson every week for a total of seven lessons.

Child's Name (Please Print)	DOB	Age	Requested Class 1 thru 10 1 st – 2 nd choice

NAME (Please print) _____

BNL Life/Guest No. _____ Bldg.No. _____

BNL Phone Ext. _____ Home Phone _____

Home Address _____

Emergency Phone _____

Email: _____

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